

FEEDING YOUR ONE YEAR OLD

Happy Birthday to baby! And congratulations to you on one year of doing a great job!

Feeding a one year old child is pretty easy because they like to eat almost everything. They usually eat well with their fingers and might be ready to give up the bottle.

Your child should be off strained baby foods now. They like the foods the rest of the family eats. Be sure these foods are not too fatty or spicy for baby. Be sure to cut food up in small pieces.

Time To Get Your Child Off The Bottle

You may not want to see your baby grow up, but it is best to get your child off the bottle now. If you wait too long, it may be very hard to get your child off the bottle! **Give milk with meals and at bedtime (using the cup).**

Don't Force Your Child To Eat

Your child's growth is slowing down. One-year olds don't need as much food now. Some days your child will eat less than other days. This is normal. Just make sure that you are giving your child healthy food.

Helpful Hints

- ✓ **Small children make big messes!** Use plastic or newspaper on the floor. Give small servings. Use big bibs.
- ✓ **Choking is dangerous.** Many babies gag and some choke easily. That is a good reason to stay with your child during meal time.
- ✓ **Hard and round foods** can cause choking at this age. Wait until your child is four to give hard candy, nuts and popcorn. Cut hot dogs and carrots the long way first, then cut them up so they are not round.
- ✓ **Choking** often happens when children lie down or run when eating. Make them sit down while eating.
- ✓ **Make snacks simple and healthy.** A cracker or a bit of ripe banana makes a good snack with a little juice. Do not give junk food.

How Much Food For A One Year Old?

A serving of milk or juice is ½ cup. A serving size of bread is ½ to 1 slice. For other foods, start with a serving size of about one tablespoon. Include at least this many servings from the food groups each day:

Bread, Cereal, Rice and Pasta: 6 servings

Fruit: 2 servings

Vegetables: 3 servings

Milk, Yogurt and Cheese: 4 servings

Meat, Poultry, Fish, Dry Beans and Eggs: 2 servings

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